

Navy Drug Detection and Deterrence Newsletter



SERVING PROUD • SERVING DRUG FREE

JULY 2020



MESSAGES TO SHARE

Below are sample messages to be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence's prevention efforts:

1. Although we're socially distancing to keep ourselves safe from the coronavirus, we may still find ourselves in other unsafe situations at home, at the pool or lake and in our cars. Find tips in the Navy and Marine Corps Public Health Center's Safety Month toolbox and learn how to keep yourself and family safe all summer at go.usa.gov/xy3cD.
2. Did you know around 180 people visit the ER each day with fireworks-related injuries in the month around July 4th? Legal fireworks can be fun when you're careful — and sober. Learn more about safe use of fireworks from the Consumer Product Safety Commission. Visit cpsc.gov/fireworks.
3. Virginia has decriminalized marijuana. Possessing up to an ounce will no longer result in jail time and high fines. This decriminalization has no impact on service members, and Sailors are still subject to the Navy's zero tolerance policy for illicit substances. Sailors should not possess or use marijuana or other cannabis products unless they have a valid prescription.
4. Enjoy summertime activities safely. Stay hydrated, especially if drinking alcohol, and avoid alcohol while taking certain prescription medications. Safely store those meds if you're having visitors, and encourage your buddies to drink responsibly and avoid illegal substances during their summer holiday celebrations.

IN THIS ISSUE

PAGE 1

Prescription Opioid Safety
Messages to Share

PAGE 2

Teen Stress and Substance Use
Supplement Safety
Events

PRESCRIPTION OPIOID SAFETY

The National Safety Council's statistics manager, Ken Kolosh says that humans aren't that great at "estimating our own risk" as we "focus on the rare, startling event, like a plane crash." According to [CDC data](#), in 2018, there were 67,367 drug overdose deaths, roughly twice the amount of [motor vehicle](#) accident deaths. Nearly 70% of the latter involved an opioid, making dying from opioid overdose more likely than from a motor vehicle accident.



What are Opioids?

Opioids have a high [risk](#) for dependency and dangerous side effects. Intended for moderate to severe pain, prescription opioids include oxycodone, hydrocodone, morphine, codeine and fentanyl. The illegal opioid heroin carries the same risks, and its intravenous use increases viral (HIV and hepatitis) and bacterial infection risk.

Safe Use, Storage and Disposal of Opioids

Personal and/or family history of anxiety, depression, substance misuse and sleep apnea can increase risk of dependence or dangerous side effects, so it is crucial to be honest with your doctor. Take medications as prescribed, report side effects and heed warnings regarding operating motor vehicles or alcohol use. Filling prescriptions at the same pharmacy allows the pharmacist to warn of potential harmful interactions.

The opioid crisis is largely driven by people taking opioids that don't belong to them. Proper storage and disposal keep them out of the wrong hands. Avoid holding on to old meds "just in case," and never give unused meds to others. Some military treatment facilities have drop boxes, and pharmacies often offer take-back options. To dispose at home, place medications in a zip-top bag with used coffee grounds or kitty litter and throw away. Use a dark marker to cover identifying information on bottles.

Opioid Overdose

Signs of overdose include unresponsiveness, irregular breathing or pulse, choking or snore-like sounds, vomiting, discolored or clammy skin, and loss of consciousness, among others. Place the person on their side to keep their airway clear. Report slowed or stopped breathing and unresponsiveness to the 911 dispatcher, along with the exact location. Provide paramedics with as much information as possible about the drugs consumed. Paramedics can administer [Naloxone](#) for opioid overdose.

Most of us are vigilant about locking doors or fastening seatbelts, but we often treat medications as harmless and become careless. Protect yourself and family by taking medications correctly, reporting prescriptions promptly to your command, never sharing and disposing of medications properly.

Navy Drug Detection and Deterrence Newsletter



SERVING PROUD • SERVING DRUG FREE

JULY 2020

TEEN STRESS AND SUBSTANCE USE

Increased stress comes with the uncertainty associated with this pandemic. A late March survey by Kaiser Family Foundation found that 47% of people sheltering in place reported negative mental health effects due to worry or stress, and according to a recent national **survey**, around half of adults aged 25 to 54 report increased drinking during the pandemic. Experts believe increased stress and anxiety could also increase substance misuse among teenagers.

Many teens have experienced the negative effects of the pandemic by missing out on ending the school year with friends and at activities such as prom and graduation. For those planning to go to college, uncertainty or altered academic calendars have put a damper on their first opportunities to be out on their own and experience independence. **Teens** are already at an increased risk for mental health issues such as depression, and additional stressors can further increase the risk.

Some signs indicative of substance use (as well as mental health issues) in teens include secretive behavior, mood changes, shifts in communication and changes in physical appearance or personal hygiene. While these are also common signs of simply being a teenager, they are still worth noting, especially when shifts are extreme.

Maintaining open lines of communication and being judgement-free are key to facilitating **conversations** about mental health and substance use with teens. Ask questions and listen, but avoid reprimanding and lecturing. And be aware of the role that family history of mental illness and substance misuse can play in teens' susceptibility to these issues. Overall, understanding that teens are also feeling impacts from this pandemic is essential, and being a mutual support and listening ear can help increase their resilience and prevent negative behaviors. Learn more about teens and substance use and how to have conversations at teens.drugabuse.gov.



CURRENT & UPCOMING EVENTS

JULY DDD WEBINARS

Due to the current COVID-19 pandemic, the Navy Drug Detection and Deterrence webinars have been postponed until further notice.

Stay up-to-date on any changes by checking the webpage at www.ddd.navy.mil

ADAMS FOR LEADERS, DAPA & UPC COURSES

Can be accessed using your CAC by logging in to MyNavy Portal (MNP) at my.navy.mil or Catalog of Navy Training Courses (CANTRAC) at app.prod.cetars.training.navy.mil/cantrac/vol2.html

NMCPHC SAFETY MONTH

July
Find the toolbox at go.usa.gov/xy3cD.

INDEPENDENCE DAY

July 4
Visit cpsc.gov/fireworks for fireworks safety tips.

SUPPLEMENT SAFETY

Supplements are often advertised as safe, natural and healthy ways to improve your health. Losing weight, gaining muscle, getting important vitamins and minerals and improving personal performance are some reasons service members may turn to dietary supplements. The supplements found in stores on base or at a local nutrition store are usually assumed to be fine to use, but that may not always be the case.

Operation Supplement Safety (OPSS) is the Department of Defense's dietary supplement resource, and their website has numerous resources — from lists and databases to articles — providing evidence-based information that can help service members and their families become more informed consumers when it comes to supplements.

Find information on prohibited substances that can lead to drug positives, report adverse side effects and read articles on the legitimacy and safety of "quick fixes" for COVID-19, among other important topics and tools. OPSS can be accessed at opss.org.